# **Preschoolers**

## **Preschool Programs**

Most classes held at: NKCC North Kirkland Community Center 12421 103rd Ave NE \* 425.587.3350

## Preschool Class Requirements

- ★ Children must be able to follow directions and participate in small group setting without a parent.
- Please take your child to the bathroom before class.
- No siblings other than infants in carriers; registered participants only.
- Refer to class description for "no class" dates.
- Please be on time for drop-off and pick-up!
- ★ If we cancel an individual class, we will make It up when the schedule allows. If the schedule does not allow for a make-up class, a credit will be issued. No make-up are available for missed classes.
- ★ Refund policy is on page 13.



## **Creating in the Kitchen** with Karen

#### Ages 3 to 5 years (children only)

Nurture curiosity in this tasty class where your child will practice creativity and culinary skills while learning kitchen safety and developing healthy eating habits. Plan, prep, and prepare for a gastronomic good time!

Instructor: Karen Renfroe-Gielgens • Location: McAuliffe Park, 10824 NE 116th St (enter off of 108th Ave NE) 8 weeks • No class 5/25 • \$10 supply fee payable to instructor • Resident \$69 / Non-Resident \$83

Mon	2:30-3:30pm	Apr 13–June 8	45440
Mon	2:30-3:30pm	June 15—Aug 3	45442

For Creating in the Kitchen with Karen, ages 4 to 8, see page 27

## **ABC & 123** "Preschool Fun for Everyone"

#### Ages 3 to 5 years

Miss Susie will teach letter and color recognition, number sequencing, science, seasons and art doing creative group and individual projects. There is a 1 to 8 teacher to student ratio.

Choose from a 1 hour or 1½ hour class. We recommend the 1 hour programs for beginners. Location: NKCC

#### Age 3 years • 5 weeks

Resident \$53 / Non-Resident \$64 (per session)

Tue	9:30-10:30am	Apr 14-May 12	45434
Tue	9:30-10:30am	May 19-June 16	45437

## Ages 3 to 4 years • 5 weeks

Resident \$80 / Non-Resident \$96 (per session)

Tue	10:40am-12:10pm A	Apr 14—May 12	45435
Tue	10:40am-12:10pm M	Mav 19—June 16	45438

#### Ages 4 to 5 years • 5 weeks

Resident \$80 / Non-Resident \$96 (per session)

Tue	12:30-2pm	Apr 14-May 12	45436
Tue	12:30-2pm	May 19-June 16	45439

## **Art Adventures** (Parent Participation Optional)

#### Ages 3 to 5 years

You're a little bit older, and now ready for this, a safari in art you won't want to miss. So lace up your boots, on a hunt we will go, that will take us through paint lands and mountains of dough. We'll capture the colors and textures and more, and release them to projects you're sure to adore.

Instructor: Miss Pamela • Location: NKCC 3 weeks • Resident \$24 / Non-Resident \$29

Wed	10:30-11:15am	Apr 15-29	45444
Wed	10:30-11:15am	May 6-20	45445
Wed	10:30-11:15am	May 27—June 10	45446

## Science/Art Series for 3's

## A Science/Art Experience

These new short science classes are well suited for the youngest of scientists. This science and art series concentrates on exploring, discovering, and nurturing your preschool students' curiosity about the world around them. We will focus on problem solving, making guesses and estimates, and developing observation skills. Each series will have a variety of "hands-on" and interactive themes! Learning will always be followed by a creative art project.

## Wet and Dry NEW!



#### Age 3 years

Explore the science of the rain cycle and what makes the desert such a dry place. We will explore hydrophobic sand and make wax resistant art. Learning is fun, especially while you are using water!

Instructor: Miss Melissa • Location: NKCC • 3 weeks Resident \$39 / Non-Resident \$47

12:30-1:30pm April 21-May 5 45448

## Pollinators NEW



#### Age 3 years

Pollination is important for every living creature. We will learn about the process of pollination, the animals that pollinate, and how we can help the process of pollination ourselves.

Instructor: Miss Melissa • Location: NKCC • 3 weeks Resident \$39 / Non-Resident \$47

Tue 12:30-1:30pm June 2–16 45449



## **Science/Art Series** for 4-5's

## **Space**

## A Science/Art Experience

#### Ages 4 to 5 years

Stars! Planets! Aliens! Let's explore outer space including constellations and their stories, light and magnetism, and our solar system. A youngster's first experience in the world of physics!! Explorations will be followed by an art experience of watercolors, pastels, paints, and clay! Don't miss out as we create a solar system and explore the wonders of science and art!

Instructor: Miss Melissa • Location: NKCC • 5 weeks Resident \$72 / Non-Resident \$86

10:30am-12pm April 21-May 19 45452

## **Rocks and Volcanoes** A Science/Art Experience

### Ages 4 to 5 years

Children will explore the wonders of Earth Science and learn about the unique qualities of plants, soil, rocks, water, and volcanoes! They will follow up the natural science activity with an exploration of art, experiencing watercolors, pastels, paints, and clay. Don't miss out as we make our own volcano out of clay and then create its eruption!

Instructor: Miss Melissa • Location NKCC • 4 weeks Resident \$58 / Non-Resident \$70

10:30am-12pm May 26-June 16 45453

# **Engineering For Kids**

## **Iunior Environmental Engineering**

#### Ages 4 to 6 years

Are you ready to get down and dirty searching for solutions to some of our biggest environmental issues? In Junior Environmental Engineering, students will have a chance to investigate, design and build a variety of fantastic engineering systems and machines inspired by the environment around them. Junior environmental engineers will investigate the natural processes around them and learn how to use solar power, build a system to save the beach from erosion, and utilize biomimicry and much more. Join us for a fun session to learn how engineering can help the world around us.

Instructor: Engineering for Kids • Location: NKCC 6 weeks • \$35 supply fee payable to the instructor Resident \$90 / Non-Resident \$108

1-1:45pm April 15-May 20 45458



## **Preschool Music**

## **Move Over Mozart Piano Classes**

Move Over Mozart, 5-12 years, pg. 26

#### Ages 3 to 6 years

Learn to play familiar tunes on the piano, read music, and, basic music theory. Class recitals throughout the year are optional. Having a piano at home is not a requirement; instruction on community center piano or keyboard is included in instruction. A one-time \$10 materials fee is payable to instructor and due at first class. Class size is limited to 6 (additional classes may be added based on waiting lists).

For more information visit moveovermozart.net. Location: NKCC

#### **Spring Monday Classes**

9 weeks • No class 5/25 • Resident \$89 / Non-Resident \$107

#### **Preschool** Ages 3 to 4 years

Mon	4-4:30pm	Apr 13–June 15	45462
Mon	5-5:30pm	Apr 13-June 15	45463

#### Grade K-1 Ages 5 to 6 years • No class 5/25

Mon	4:30-5pm	Apr 13-June 15	45467
Mon	5:30-6pm	Apr 13–June 15	45468

#### **Spring Tuesday & Thursday Classes**

10 weeks • Resident \$99 / Non-Resident \$119

#### Preschool Ages 3 to 4 years

Tue	4–4:30pm	Apr 14–June 16	45464
Thur	4-4:30pm	Apr 16-June 18	45465
Thur	5:30-6pm	Apr 16–June 18	45466

#### **Grade K-1** Ages 5 to 6 years • No class 5/25

Tue	4:30-5pm	Apr 14–June 16	45469
Thur	4:30-5pm	Apr 16–June 18	45470
Thur	6-6:30pm	Apr 16–June 18	45471

#### **Summer Classes**

9 weeks • Resident \$89 / Non-Resident \$107

#### **Preschool** Ages 3 to 4 years

Mon	4-4:30pm	June 22–Aug 17	45473
Mon	5-5:30pm	June 22–Aug 17	45474
Tue	4-4:30pm	June 23–Aug 18	45475
Thur	4-4:30pm	June 25-Aug 20	45476
Thur	5:30-6pm	June 25-Aug 20	45477

## **Grade K-1** Ages 5 to 6 years

Mon	4:30-5pm	June 22–Aug 17	45478
Mon	5:30-6pm	June 22–Aug 17	45479
Tue	4:30-5pm	June 23—Aug 18	45480
Thur	4:30-5pm	June 25-Aug 20	45481
Thur	6-6:30pm	June 25-Aug 20	45482

# MCAULIFFE PARK 10824 NE 116th St Kirkland



The following classes are located just around the corner from the North Kirkland Community Center in our beautiful McAuliffe Park location. We're so excited to have a kitchen!

- Creating in the Kitchen for Youth
- Parent/Child Preschool Cooking Series
- How Does Your Garden Grow (Spring)

# **Preschoolers**

## **Preschool Dance**

#### **Preschool Ballet A**

# Ages 3 to $4\frac{1}{2}$ years with no previous dance experience

This exciting introduction to creative dance emphasizes musical expression, coordination and movement exploration. Mirrors and music create an enchanting dance environment. Parents may join us for the last class to watch and take pictures.

Ballet slippers required! Location: NKCC

**Spring Mon & Sat •** 8 weeks • No class 5/23 & 5/25 Resident \$58 / Non-Resident \$70

Mon	9:45-10:30am	Apr 13–June 8	45488
Sat	9-9:45am	Apr 18–June 13	45489
Sat	9:50-10:35am	Apr 18–June 13	45490

#### Spring Wed & Thur • 9 weeks

Resident \$65 / Non-Resident \$78

Wed	10:30-11:15am	Apr 15–June 10	45491
Wed	11:25am-12:10pm	Apr 15–June 10	45492
Thur	10:20-11:05am	Apr 16-June 11	45493

#### Summer Mon, Wed, & Thur • 9 weeks

Resident \$65 / Non-Resident \$78

Mon	9:45-10:30am	June 22–Aug 17	45495
Wed	10:30-11:15am	June 24-Aug 19	45496
Wed	11:25am-12:10pm	June 24-Aug 19	45497
Thur	10:20-11:05 am	June 25—Aug 20	45498

**Summer Sat •** 8 weeks • No class 7/4 Resident \$58 / Non-Resident \$70

Sat	9-9:45am	June 27—Aug 22	45499
Sat	9:50-10:35am	June 27—Aug 22	45500

#### **Preschool Ballet B**

#### Ages 4 to 6 years

Older preschoolers and children with previous dance experience will explore musicality, artistic expression and a repertoire of dance steps. Parents may join us for the last class to watch and take pictures.

Ballet slippers required! • Location: NKCC

**Spring Mon & Sat •** 8 weeks • No class 5/23 & 5/25 Resident \$58 / Non-Resident \$70

Mon	11:25a	m–12:10pm	Apr 13–Jui	ne 8	45501
Sat	10:40-	–11:25am	Apr 18-Ju	ne 13	45502

**Spring Thur** • 9 weeks • Resident \$65 / Non-Resident \$78

Thur 11:15am—12pm Apr 16—June 11 45503

**Summer Mon & Thur •** 9 weeks Resident \$65 / Non-Resident \$78

Mon 11:25am-12:10pm June 22-Aug 17 45504 Thur 11:15am-12pm June 25-Aug 20 45505

**Summer Sat •** 8 weeks • No class 7/4 Resident \$58 / Non-Resident \$70

Sat 10:40–11:25am June 27–Aug 22 45506



## Preschool Ballet/ Tap Combo A

#### Ages 3 to 4½ years

Remember your first pair of shiny black tap shoes? We do! Tap was so much fun we added it to our Preschool Ballet Class! This class will introduce the very beginning movements of ballet and the toe tapping sounds of tap. Parents may join us for the last class to watch and take pictures.

Ballet slippers and tap or dress shoes required! Location: NKCC

**Spring 8 weeks •** No class 5/25 Resident \$58 / Non-Resident \$70

Mon	10:35-11:20am	Apr 13–June 8	45507
Spring 9	weeks • Resident \$65	/ Non-Resident \$7	8

Tue	4-4:45pm	Apr 14–June 9	45508
Thur	9:30-10:15am	Apr 16–June 11	45509

#### **Summer 9 weeks • Resident \$65 / Non-Resident \$78**

Mon	10:35-11:20am	June 22–Aug 17	45510
Tue	4-4:45pm	June 23-Aug 18	45511
Thur	9:30-10:15am	June 25—Aug 20	45512

Dance Class for Two Year Olds with Parent, see page 18

## **Preschool Ballet/Tap Combo B**

#### Ages 4 to 6 years

Ballet and tap are explored in this class for the older preschooler and also for children with previous dance experience. Parents may join us for the last class to watch and take pictures

Ballet slippers and tap or dress shoes required! Location: NKCC • 9 weeks • Resident \$65 / Non-Resident \$78

Tue	4:50-5:35pm	Apr 14–June 9	45513
Wed	12:15-1pm	Apr 15–June 10	45514
Tue	4:50-5:35pm	June 23—Aug 18	45515
lue	4.30-3.33piii	Julie 25—Aug 16	40010
Wed	12:15–1pm	June 24–Aug 19	45516

## **Jazz For Children**

#### Ages 3 to 41/2 years

Jazz—It's fun, upbeat, and allows for just enough "free dance." This might be the perfect combination class because ballet techniques are taught through jazz. Start with a simple warm up followed by intros to turns, kicks, and leaps, with time for free form expression. Parents may join us for the last class to watch and take pictures.

Ballet slippers required • Location: NKCC 9 weeks • Resident \$65 / Non-Resident \$78

Wed	9:40-10:25am	Apr 15-June 10	45517
Wed	9:40-10:25am	June 24-Aug 19	45518

For Hip Hop ages 5 to 10, see page 29

# **Preschool Sports and Fitness**

## **Mighty Mite Martial Arts**

### Ages 4 to 6 years

Miller Martial Arts Academy introduces Martial Arts to boys and girls. Learn non-violent conflict resolution, better concentration and listening skills, and build coordination, flexibility and self-control. At this age there will never be contact between participants. The last week of class we will have a graduation ceremony to a Mighty Mite White Belt.

Location: Miller Martial Arts Academy, 8920 122nd Ave NE, Kirkland • 8 weeks • No class 5/23 & 25 Resident \$38 / Non-Resident \$46

Mon	2:30-3pm	Apr 13–June 8	45519
Wed	2:45-3:15pm	Apr 15–June 3	45520
Sat	10:30-11am	Apr 18–June 13	45521

### Little Tumblers 1

### Ages 3 to 4 years

FUNdamental tumbling is geared toward the 3 and 4 year old preschooler. Basic tumbling skills are taught on floor mats. Introduction to low balance beam, bar, and trampoline. The emphasis in this class is placed on coordination, technique, and FUN!

Please dress comfortably in shorts, T-shirts or leotards No clothing with buttons or zippers • Location: NKCC

6 weeks • No class 7/3 • Resident \$45 / Non-Resident \$54

Mon	4-4:45pm	Apr 13-May 18	45523
Mon	4-4:45pm	June 1–July 6	45524
Fri	9:40-10:25am	Apr 17–May 22	45525
Fri	10:30-11:15am	Apr 17–May 22	45526
Fri	11:30am-12:15pm	Apr 17–May 22	45527
Fri	9:40-10:25am	May 29-July 10	45528
Fri	10:30-11:15am	May 29-July 10	45529
Fri	11:30am-12:15pm	May 29-July 10	45530

#### 5 weeks • Resident \$38 / Non-Resident \$46

Mon	4-4:45pm	July 20—Aug 17	45531
Fri	9:40-10:25am	July 24—Aug 21	45532
Fri	10:30-11:15am	July 24—Aug 21	45533
Fri	11:30am-12:15pm	July 24—Aug 21	45534



### Little Tumblers 2

#### Ages 4 to 6 years

For children with previous tumbling experience only. Review tumbling skills and advance to the next level with additional work on all apparatus.

Please dress comfortably in shorts, T-shirts or leotards No clothing with buttons or zippers • Location: NKCC

6 weeks • Resident \$45 / Non-Resident \$54

Mon	4:50-5:35pm	Apr 13-May 18	45539
Mon	4:50-5:35pm	June 1–July 6	45540

5 weeks • Resident \$38 / Non-Res. \$46

4:50-5:35pm July 20-Aug 17 45542





Have an hour of private play time at our outrageously fun indoor playground! Enjoy the rest of your celebration in your very own private party room! Applications at: www.kirklandwa.gov under "How Do I Rent a Park/Facility"

Reserve Your Special Day!

425.587.3350

2 hours: Resident \$140 / Non-Res \$168 15 Children Max. • Sat. or Sun.



# Ice Skating ALL AGES!

Introducing the thrill and athletic challenge of Ice Skating in a fun and safe learning environment. Our professional learn-toskate staff will teach a progression of skills to ensure safety and provide an understanding of the basic fundamentals of ice skating. Participants will progress toward edge control and more advanced footwork. Whether you are a beginner or would like to enhance your present skill level (figure skating or ice hockey), we encourage children and adults to join. Students will be divided into their skill level and age level. Skates will be provided and helmets are highly recommended.

Location: SnoKing Arena, 14326 124th Ave NE, Kirkland • Classes will include 30 minutes of professional instruction and 30 minutes of practice/free skating time • Registration deadline is: one week prior to start of first class • Please arrive ½ hour before class to get skates on and wear warm clothes, jacket and gloves

### Spring Classes

7 weeks • No classes 5/22, 5/25 Resident \$130 / Non-Resident \$156

6-7pm

## Ages 5 to Adult

		<b>!</b>			
Ages 4 to Adult					
Tue	10:45-11:45am	Apr 28–June 9	45061		
Fri	6–7pm	May 1-June 19	45063		

Apr 27—June 15

45059

#### **Summer Classes**

Ages 5 to Adult • 7 weeks Resident \$130 / Non-Resident \$156

Mon	6pm-7pm	July 6–Aug 17	45065
Tue	10:45-11:45am	July 7—Aug 18	45066

# **Preschoolers**

# **Rhythmic Gymnastics**

Kirkland Parks teams up with La Luna Rhythmic Gymnastics Academy to bring this beautiful Olympic sport of Rhythmic Gymnastics to the Kirkland community. These introductory classes are offered in a safe, friendly, new studio in your neighborhood. Rhythmic Gymnastics combines the grace and beauty of ballet and creative movement with music. Participants perform athletic tricks with ribbons, balls, hoops, ropes and clubs. Self-esteem, discipline, flexibility, dance and artistry, concentration, eye/hand coordination, and aerobic exercise are some of the benefits of this unique sport. Gymnasts learn the basic positions of ballet and do routines with music.

Instructor Arzu Karaali has trained athletes for National and International competitions and worked with athletes as a choreographer for the 1996 Olympic Games in Atlanta. She was selected seven times "Best Choreographer of the Year" in Washington and was awarded "Coach of the Year" three times by the USA Gymnastics Federation in Region 2.

Location: La Luna Gym, 11251 120th Ave NE Suite #150 Kirkland, WA 98033. www.lalunagym.com

## **Rhythmic Gymnastics Level 1 Beginners**

#### Girls Ages 4 to 5

Introduces students to basic positions of Ballet and Rhythmic Gymnastics apparatus while encouraging confidence, creativity, flexibility of movement and self-expression.

No experience necessary. Gymnastics leotard required, bare feet or socks OK. Location: La Luna Gym, 11251 120th Ave NE, Ste 150, Kirkland

## Wednesday 9 weeks

Resident \$99 / Non-Resident \$119

Wed 3-3:45pm Apr 15-June 10 Saturday 8 weeks • No class 5/23

Resident \$88 / Non-Resident \$106

12-12:45pm Apr 18–June 13 Sat 45546

> For Rhythmic Gymnastics ages 6 to 8, see page 28



# **Preschool Kids In Motion**

Up and over, under and through, balls and streamers, tunnels and YOU!

Meet friends, build confidence and have FUN developing their large muscle motor skills. This program progresses with your child... they'll be crawling, climbing, balancing, and bouncing! See page 18 for parent/child Kids in Motion classes for younger children.

Location: NKCC

# Kids in Motion—On My Own

Perfect for children transitioning to non-parent participation. This ½ hour class is for children only.

#### Ages 28 months to 3 years

5 weeks • Resident \$23 / Non-Resident \$28

Thur 9:15-9:45am Apr 23-May 21 45422 4 weeks • Resident \$18 / Non-Resident \$22 9:15-9:45am May 28-June 18 45423

### **Kids in Motion A & B**

These 45-minute classes are for children only.

#### Motion A Ages 2½ to 3 years

5 weeks • Resident \$35 / Non-Resident \$42

11:00-11:45am Apr 22-May 20 45424 4 weeks • Resident \$28 / Non-Resident \$34 11:00-11:45am May 27-June 17 45425

### Motion B Ages 3 to 4 years

5 weeks • Resident \$35 / Non-Resident \$42

11:35am-12:20pm Apr 23-May 21 45426

4 weeks • Resident \$28 / Non-Resident \$34

11:35am-12:20pm May 28-June 18

Kids in Motion classes will have a summer break—see you again in the fall.



"I wanted to tell you how much our two grandchildren enjoyed the Children's Triathlon. They came away with such a sense of pride and accomplishment. It was extremely well organized"

# **NEW COURSE!**

This non-competitive, non-timed event provides an excellent opportunity for youth to experience the sport of triath-

Ion. Athletes participate in 50 yard swim/ splash, ½ mile bike, 1/2 mile run. Registration will close September 11th. Day of event registration will be available beginning at 9:30am however participants are encouraged to register prior to the event.

# **SEPTEMBER 12, 2015 JUANITA BEACH**

Race begins at 11:00am Check in begins at 10:00am

**\$32.00** (includes tax)

Registration #45040

Participants will receive swim cap, T-shirt & ribbon

# SPRING SEASON CURRENTLY OPEN FOR REGISTRATION!



# AGES 3 TO 6 YEARS TWO LOCATIONS TO CHOOSE FROM!

The Pee Wee Soccer League is focused on fun, participation and socialization.





## Resident \$66 • Non-Resident \$79

No games May 23 \*\* WA Sales Tax Will Be Collected \*\*

PLEASE NOTE: Refunds will not be given if withdrawn after the coaches meeting, April 14th. The coaches meeting marks the official start of the program.

## **LOCATION 1:** Emerson High Field, 10903 NE 53rd St

Possible games times: 9am, 10am, 11am, 12pm, 1pm, or 2pm

3 to 4 year olds	Sat	April 25–June 13	44020
5 to 6 year olds	Sat	April 25–June 13	44021

### LOCATION 2: 132nd Square Park, 13159 132nd Ave NE

Possible games times: 9am, 10am, 11am, 12pm, 1pm, or 2pm

3 to 4 year olds	Sat	April 25–June 13	44022
5 to 6 year olds	Sat	April 25–June 13	44023

## **FALL REGISTRATION WILL START ON JULY 13, 2015**

## **Quick Facts about the** Pee Wee Soccer League (PWS):

#### Do I have to choose a location?

You are free to choose whichever location is most convenient. All games will be played at that location. Just register using the designated course number.

### I've signed up for PWS...what do I do now?

You will be contacted by a coach at least one week prior to the first day, April 25th. The coach will provide you with information about game schedule, team name, etc.

### I'd like to be a coach. How do I apply? And, what if my team does not have a coach?

Please visit our league website www.kirklandwa.gov/ peeweesoccer to download the volunteer application. Prior soccer experience does help but is not necessary. We handle applications on a first-come, first-serve basis therefore getting your volunteer packet turned in ASAP is crucial. All coaches must pass a background check. Feel free to email nthomas@kirklandwa.gov for more information.

"I've talked to lots of parents whose children play in other leagues, and I have quickly realized that what \*YOU\* do is AMAZING! Many of them have complaints on communication/confusion, crummy fields and/or lackluster refs. This program doesn't even have a little of that. Thank you for putting together such a great program."

-Karen Whitmore, parent of Ella and Zack.

## How are teams formed?

Registration is taken in the order received. Siblings will be placed together. Teams are formed randomly, but we take into consideration gender ratios and ages of the participants.

#### What is the format of the league?

The program meets on Saturday mornings/early afternoons. The program is one hour in duration with the first 20 or 30 minutes of the hour, depending on age division, devoted to practice. The last 30 or 40 minutes are reserved for a friendly, recreational-style soccer game. **Game start** times will range from 9am to 2pm and start on the hour. For example, week one your game might be at 9am but week two your game might be at 10am.

#### Are games played in the rain?

Yes, if it is raining, games will be played as scheduled if the field is in good condition. If the field conditions are poor we will cancel games for the day and reschedule.

## Does the program take player pairing or coach requests?

Requests for team pairings are taken but are not guaranteed. Your child must be registered before you may make a request. We accept one request per child (player or coach pairing). Please note that if you register for the league, it is the parent's responsibility to arrange for travel, supervision, etc. regardless of who is on your child's team.

## What is included with the registration fee?

Each child will receive a t-shirt to wear during the season and a participant medal at the end of the season. Shin guards are not provided but are required. Cleats are optional but recommended.

## If I have additional questions, who do I contact?

Please call 425.587.3336 for additional information or to register.